

A Package Mailed Free on Request of

MUNYON'S PAW-PAW PILLS

The best Stomach and Liver Pills known and a positive and speedy cure for Constipation, Indigestion, Jaundice, Biliousness, Sour Stomach, Headache, and all ailments arising from a disordered stomach or sluggish liver. They contain in concentrated form all the virtues and values of Munyon's Paw-Paw tonic and are made from the juice of the Paw-Paw fruit. I unhesitatingly recommend these pills as being the best laxative and cathartic ever compounded. Send us postal or letter, requesting a free package of Munyon's Celebrated Paw-Paw Laxative Pills, and we will mail same free of charge. MUNYON'S HOMEOPATHIC HOME REMEDY CO., 53d and Jefferson Sts., Philadelphia, Pa.

Libby's Food Products

Never Vary in Quality or Taste

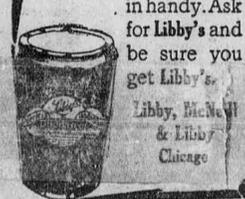
Because the utmost care is taken by Libby's Chefs to select only the choicest materials and prepare them in the same careful manner every time. You are thus assured of uniform goodness, and this is the reason that the use of Libby's gives such general satisfaction to every housewife.

Try Libby's

Dried Beef Mexican Tamales Ham Loaf Chili con Carne Vienna Sausage Evaporated Milk

For luncheon, spreads or everyday meals they are just the thing.

Keep a supply in the house. You never can tell when they will come in handy. Ask for Libby's and be sure you get Libby's.



MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

A Certain Cure for Feverishness, Constipation, Headache, Stomach Troubles, Coughing, Diarrhea, and Drowsy Sleep. It is a Pleasant and Safe Remedy for Children in 4 Hours. At all Druggists, Grocers, and Confectioners. A. S. OLMSTED, Le Roy, N. Y.

Effects of Meat-Eating

The Indians of the plains, who lived almost entirely on flesh, were fierce and warlike enough; the Eskimos, who also live entirely on flesh, are among the mildest and most peaceable of men. The unfortunate Armenians, per contra, are periodically massacred by a race of blood-thirsty vegetarians. The Hindus of Bengal are the effects of living on rice. But the Chinese and Japanese, who also live on rice—in sufficient quantity—are about the toughest and most enduring of mankind. During the race of the allied armies to Peking the Japanese army, on a diet of rice and dried fish, outmarched the Europeans by fifty per cent. Even in India, the Sikhs and Rajputs, who eat but twice a day and rarely touch meat, are among the finest men physically and the best soldiers on earth. In the old days before the telegraph the messenger service from Madras to Bombay and Calcutta was made up of runners who did sixty miles for a day's work and kept it up one thousand and 1400 miles on end—on a diet of boiled rice.—Metropolitan Magazine.

GUARANTEEING ATTENDANCE

"Going to have an Old Home week, eh?" "Yes, we want all our wandering boys to come back. When had we better hold it?" "After the Grand Jury adjourns, I should say."—Louisville Courier-Journal.

A Breakfast Joy—Sweet, Crisp, Golden-Brown Post Toasties

Ready to serve from the package with cream—no cooking necessary.

The Memory Liners Postum Cereal Co., Ltd., Battle Creek, Mich.

HOME IDEAS AND ECONOMIES

SPEAKS FOR MRS. BELMONT.

Mrs. O. H. P. Belmont, president of the Political Equality League, was early in her office at No. 505 Fifth avenue, says the New York Tribune, happy over the news from Washington, D. C., that the National Suffrage Association, in convention at Washington, had agreed to her proposition to allow the national headquarters to remain under her protection for another year. The contract for this, which also carried the proviso that Mrs. Ida Husted Harper be retained as press representative for the same period, was duly signed by the suffragists on Wednesday. Mrs. Harper, speaking for Mrs. Belmont, said the situation was wholly satisfactory.

"Mrs. Belmont has gone right to work to plan for the fall, and will, if her health permits, accomplish much more than was done last season," said Mrs. Harper. "It is her aim, so far as the Political Equality League is concerned, to organize a branch in every district in New York City. From this point she will branch out into the surrounding territory."

"Many persons claim the honor of being the originator of the political settlement, but as a matter of fact I suggested it to Mrs. Belmont a year ago, and she endorsed the idea at once and put it into immediate operation. As an educational measure it is admirable, and from a political standpoint the only practical plan to help the cause. Mrs. Belmont gave what seemed to us tremendous sums for suffrage last year, but this year, with her town house, which cost more than \$250,000, completed, the mausoleum erected to her husband completed and the hospital at Hempstead off her hands, she expects to spend much more to help women win the ballot."

"In spite of the fact that she is under very strict orders from her physician to quit active work, Mrs. Belmont says she means to live to see the plan she has laid out through. Her whole time, thought and much of her means are to be devoted from now on to the cause of suffrage."

The Rev. Anna Shaw, accompanied by Miss Rae Costello, the young English suffragette, has started on a tour of the Southern States, lecturing on suffrage. Her first stop was the University of Virginia.

WHEEL OF FASHION.

Will the fashion mongers never cease sending out alarming statements about fashions that may or may not come to stay? Now they are predicting a return to the Victorian costume of the early nineteenth century. This means tall skirts covered with flounces all the way up, high bodices, high, tight sleeves and wavy waists. It means, too, a high collar with a tortoise shell comb of generous dimensions to top it. It wouldn't be impossible for worse things have been seen in this day and generation.

But no matter what the wheel of fashion brings at its next turn, there will always be a large percentage of dissatisfied and grumbling women who would have it otherwise. A recent collection of letters written by women in the days when fashion news could be obtained only through correspondence with city residents shows that discontent with prevailing styles is historic. Writes Mrs. Delaney in the year 1746:

"The only thing that seems general is hoops of enormous size, and most people wear vast winklers to their heads. They are now coming to such extravagance in these two particulars that I expect soon to see the other extreme of thread paper heads and no hoops, and from appearing like so many blown bladders we should look like so many bodkins talking about."

That her prophecy was evidently not fulfilled is shown by Miss Elizabeth Carter's disgust with her kind in the year 1750. "Our fine ladies," she writes, "disgrace the human shape divine, and become helpless to themselves and troublesome to all the world besides with French hoops, and run into an indecent extravagance of dress inconsistent with all rules of sober appearance and good economy."

"What would either of these women say to the present 'stalking bodkins' or the hipless creature of modern times? Do they disgrace 'the human shape divine' or honor it?" "It is all," says the man who refuses to argue, "a matter of individual taste."—New York Tribune.

THROUGH ROSE TINTED SPECTACLES.

America is the country for nervousness, owing to the strenuous life women lead in that country. Says a Yankee lady: "What must be done is to create a nerve reservoir, and to fill it with nerve power to draw from. Suppose one is a teacher or a busy woman who comes home fagged, irritable and utterly nervous. The first thing to do is to lie down for half an hour, or longer. This is the way to fill your reservoir. After you lie down, relax every muscle and every nerve tension. Let go of everything. Let the bottom drop out. Let all annoying things drift right away from you. Do not think a thing. Make your mind a blank. "Take deep, slow breaths, then after a while write these words mentally across a blank sheet of your mind:—Power, force, strength in the universe, and they will flow into my reservoir and fill it. The spiritual atmosphere is full of these helpful forces. In this way the nerve strength will be renewed, and a feeling of repose and peace will replace the irritable, unhappy and restless condition. Probably the patient will sleep, and on awakening find herself wonderfully re-perpetrated and ready to

BE CHEERFUL AND BEAUTIFUL.

Engraved faces are more often the result of habit than the marks of Time, that professional etcher who usually receives all the credit for feminine ugliness. Woman is not content with expressing herself in words; she must needs make little noses and funny faces to give competition to her ideas. If you wait about your lack of beauty, watch yourself for one short day. You will be surprised to find what wonderful things you will do with your own face. If countenances were not so substantially built they would sooner show the wear and tear imposed upon them.

Wrinkles and lines are indexes to one's life book. The fretter has a signboard on her forehead, and she advertises her profession of official worrier by growing box pleats between her eyes, by allowing her mouth to droop at the corners and by taking on the plaintive portrait of misery in which she really rejoices. But the optimist, the individual of good cheer and laughter, sails serenely along the high seas of existence with a smooth, nicely ironed face, which makes her remain so young that she never really outgrows her happy days of mud pies and pinaflores.—Woman's Life.

PINK MRS. TAFT'S FAVORITE.

Pink, plain pink—not cerise or rose or any of the new-fangled names under which that old-fashioned color now goes—is the favorite color of the present mistress of the White House. Satin has long been recognized as the material for a gown which Mrs. Taft likes best and pink as the shade which is most becoming to her. She always has a satin costume of that color, and often her carriage gowns are so close to pink that it seems like taking a liberty to call them rose or salmon or peach bloom. One of the daintiest garments which Mrs. Taft has worn recently is a pink broadcloth trimmed with deep red braid with a touch of silver. It has insets of yellow lace on the bodice and big designs of the same in the half draped skirt. Pink gowns for daylight are no longer rare enough to cause comment.—Pittsburg Dispatch.

CHARM OF SINCERITY.

The secret of all charm and of the most genuine popularity lies in avoiding all pretenses and being sincere. Artificiality is always vulgar, however highly placed the person who assumes it may be.

But in point of fact a really highly placed person never does "put on an act." A woman in a good position is so sure of herself that she has no need to put on an affected manner. She is, on the contrary, so simple and sincere and genuinely courteous that not even the most envious of humbler friends can grudge her her success.

If she is not always sincere and sweet—why, she only lays herself open to the suspicion that she has had her head turned by a little money.—Indianapolis News.

WEDDING-GIFT HINTS.

Silverware, of course, as elaborate as your taste dictates, as much as your purse can afford.

A handsome clock to tick away the happy hours for the honeymooners. A bit of Vienna bronze for the cabinet will please the bride who delights in such things.

Royal Doulton plates—to give her a dozen would be to give her a present de luxe.

One of the new and handsome lamps or electrolights will be most acceptable if they're going housekeeping.

And it wouldn't be a wedding if the bride didn't get some pictures. But whatever you give, remember that it is the bride and the bridegroom whose tastes should be borne in mind—not your own.—Philadelphia Record.

ENCOURAGING WRINKLES.

Have you ever caught a glimpse of yourself in the mirror when you are doing your hair, brushing your teeth or putting the finishing touches to your toilette?

If you haven't, just try it once, and you will probably see, to your amazement, that you are making horrible grimaces and twisting your forehead into all sorts of frowns and wrinkles while doing these simple duties.

Many people encourage wrinkles in this way, and when too late to remedy matters wonder how in the world they got them.—Home Chat.

FASHION NOTES.

Habitual silks are shown in the daintiest colors and in an amazing variety of stripes and small checks. The chiffon motor bonnet is finding a new use. The traveller does it on the train on removing her own hat.

Tucked yokes are not used as much now as are plain ones of either fancy striped or dotted net.

Many dresses of serge or cloth are made with round, gathered blouses and are worn with a patent leather belt.

Many rows of Russian braid, tubular, plain silk braid an eighth of an inch wide, embroidery and soutache associated, trim the tailored models.

Although brocaded materials have been exploited and are employed there is no question that the plain, self-colored fabrics are in the ascendency.

Coarse Russian braid, row upon row, soutache in intricate patterns and soutache in hanging knots, contrast the trimmings for outdoor garments.

THE JESTER

THE SEPARATION LIMITED.

Cupid's now conducting tours, Not to Gretna Green, O! Still directing our amours. Cupid's now conducting tours, "Come," he cries, "and take the cures. All aboard for Reno!" Cupid's now conducting tours, Not to Gretna Green, O! —Puck.

IN BRIEF.

Professor—What is the key of good manners? Student—B natural.—Chicago Record-Herald.

EVEN THIS.

Knicker—Do you get fresh vegetables at your boarding house? Bocker—No; even the music is canned.—New York Sun.

WEARS THE UNMENTIONABLES.

Jack—"Who was the best man at your wedding?" Tom—"My wife; but I didn't know it."—Boston Transcript.

HER FAVORITE SPORTS.

"Is your wife a lover of outdoor sports?" "I should say so. She's bargain or horse hunting all the time."—Detroit Free Press.

BUT SHE DISCOUNTED HER AGE.

She—"The enumerator couldn't get a reply out of Maud until he read the law to her." He—"I see; he scared her out of her census."—Boston Transcript.

NICE OUTLOOK.



Hubby—"Well, even if we lose everything I'll still have you." Wife—"Don't be too positive."—New York Telegram.

ADVERTISING HIS BUSINESS.

"Is that woman still in mourning for her husband?" "Yes. Directly her husband died she married a grave-digger."—U.S.

HAD ONE OF THEM.

"Some daws has more intelligence than their masters." "To be sure they has. I've got one like that meself."—M. A. P.

NO OFFENCE INTENDED.

"Pardon me, madam." "For what?" "I inadvertently jabbed my eye into your jeweled hat pin."—Washington Herald.

PROTECTION.

"What makes you wear your automobile goggles to the theater?" asked the carefully dressed young man. "Those aren't automobile goggles; they're hatpin proof armor."—Washington Star.

READY FOR 'THE SAUSAGE.

Parson—"The pigs do you credit, Michael; I never saw any in better condition." Mike—"Sure, sir, if we was all of us only as fit to die as they be we'd do."—The Tatler.

FIRST AID FOR THE PUP.

Pot—"Are you reading the Ladies' Home paper, Granny?" Granny—"Yet Pet." Pot—"Then I wish you'd turn to where it tells you how to get ink stains out of pug dogs."—The Sketch.

A LITERAL FATE.

"What's become of Jake's?" "He's gone all to pieces." "You don't say so! Nervous prostration?" "No; he looked for a gas leak with a lighted candle."—Baltimore American.

GETTING INTO DEEP WATER.

Disfranchised Passenger—"See how blue the water is! It must be a reflection of the feelings of the passengers." Captain of Boat—"And tomorrow it will be a vivid green. I suppose that, too, will be a reflection of their minds."—Boston Transcript.

MEAN.

"She's the meanest woman I know of." "What makes you say that when you don't even know her to speak to?" "I know, but she's the woman on the other half of our party telephone line."—Detroit Free Press.

UNNECESSARY.

"I wonder," said the gloomy young poet, looking at his bundle of rejected manuscript, "why verse has feet?" "Why not?" asked his astonished friend. "Because," wearily replied the poet, "nobody ever knew it to win in a walk."—Baltimore American.

CLEAN, BUT NOT TOO CLEAN.

"Please, ma'am, lend me a quarter to buy a tooth brush with. I kin git a job if I look neat." "Do you think cleaning your teeth will make you look neat enough?" "Oh, I want de tooth brush to clean me celluloid collar wid."—Cleveland Leader.

Unsightly Complexions.

The constant use of Cuticura Soap, assisted by Cuticura Ointment, for toilet, bath and nursery purposes not only preserves, purifies and beautifies the skin, scalp, hair and hands, but prevents inflammation, irritation and clogging of the pores, the common cause of pimples, blackheads, redness and roughness, yellow, oily, mothly and other unwholesome conditions of the complexion and skin. All who delight in a clean skin, soft, white hands, a clear, wholesome scalp and live, glossy hair, will find Cuticura Soap most successful in realizing every expectation.

Cuticura Soap and Ointment are admirably adapted to preserve the health of the skin and scalp of infants and children, and to prevent minor blemishes or inherited skin humors becoming chronic, and may be used from the hour of birth. Cuticura Remedies are sold throughout the civilized world. Send to Potter Drug & Chem. Corp., sole proprietors, Boston, Mass., for their free Cuticura Book, 32 pages of invaluable advice on care and treatment of the skin, scalp and hair.

A new \$200,000 city court building is to be constructed in Melbourne.

Hick's CAPSINE is the best remedy—relieves the aching and feverishness—cures the cold and restores normal conditions. It's liquid—effects immediately. 10c, 25c and 50c. at drug stores.

Of 10 dyes used for Easter eggs, four were found to be poisonous.

Try Marine Eye Remedy For Red, Weak, Watery Eyes and Granulated Eyelids. It Soothes Eye Pain. Marine Eye Remedy Liquid, 75c. and 50c. Marine Eye Salve, 25c. and 15c.

Steel ornaments are very much used.

Buy "BATTLE AXE" SHOES. Complimentary Reply.

Of Miss Margaretta Drexel, the beautiful Philadelphia heiress, who is to marry Viscount Maidstone, a Philadelphiaian said:

"Miss Drexel at a dinner in London once sat beside a famous sociologist. She said to this sociologist:

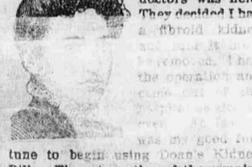
"There is very much more poverty and wretchedness in London than in Philadelphia or New York. Look at the tragic figures huddled on the embankment every night. What is the cause of this great misery?"

"I will reply," said the sociologist, "with a line from the poet Wordsworth: 'Drink, pretty creature, drink.'" Washington Star.

A GRATEFUL WOMAN.

Has Only One Kidney, But is Sound and Well. Mrs. L. Wick, 237 Dewey Ave., Pittsfield, Mass., says: "I ran down in health until I only weighed 95 pounds. Finally a consultation of doctors was held. They decided I had a shrunken kidney removed. I had the operation and came home a healthy young woman."

Remember the name—Doan's. For sale by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



What else can joy be but diffusing joy?—Byron.

No one really fails who does his best.—Sir John Lubbock.

Doubtful ills do plague us worst.—Seneca.

For a little mind courteth notoriety to illustrate its puny self.—Tupper.

Riches and care are as inseparable as sun and shadow.—Woman's Life.

To act with common sense, according to the moment, is the best wisdom I know.—Horace Walpole.

We can finish nothing in this life; but we may make a beginning, and bequeath a noble example.—Smiles.

He needs no other rosary whose thread of life is strung with thoughts and deeds of love.—Persian Proverb.

Books give to all who faithfully use them the spiritual presence of the best and greatest of our race.—Channing.

Let a man overcome anger by love; let him overcome evil by good, the greedy by liberality, the liar by truth.—Buddha.

One of the most unreasonable traits of a woman is the way she can think it isn't her fault when her husband cuts himself shaving.—New York Press.

In all the superior people I have met I notice directness—truth spoken more truly, as if everything of obstruction, of malformation, had been drained away.—Emerson.

The moving Finger writes, and having writ Moves on; nor all your piety nor wit Can lure it back to cancel half a line, Nor all your tears wipe out a word of it. —Fitzgerald's "Omar Khayyam."

There is a reason.

Why Grape-Nuts does correct A weak, physical, or a Sluggish mental condition.

The food is highly nutritious And is partially pre-digested, So that it helps the organs of the stomach.

To digest other food. It is also rich in the Vital phosphates that go Directly to make up.

The delicate gray matter Of brain and nerve centres. Read "The Road to Wellville." In pkgs. "There's a Reason."

POSTUM CEREAL COMPANY, Ltd., Battle Creek, Mich.

Answer This Question

When positive and reliable proof that a certain remedy had cured numerous cases of female ills, wouldn't any sensible woman conclude that the same remedy would also benefit her if suffering with the same trouble?

Here are two letters which prove the efficiency of Lydia E. Pinkham's Vegetable Compound.



Fitchville, Ohio.—"My daughter was all run down, suffered from pains in her side, head and limbs, and could walk but a short distance at a time. She came very near having nervous prostration, had begun to cough a good deal, and seemed melancholy by spells. She tried two doctors but got little help. Since taking Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills she has improved so much that she feels and looks like another girl."—Mrs. C. Coic, Fitchville, Ohio.

Irashburg, Vermont.—"I feel it my duty to say a few words in praise of your medicine. When I began taking it I had been very sick with kidney and bladder troubles and nervous prostration. I am now taking the sixth bottle of Lydia E. Pinkham's Vegetable Compound and find myself greatly improved. My friends who call to see me have noticed a great change."—Mrs. A. H. Sanborn, Irashburg, Vermont.

We will pay a handsome reward to any person who will prove to us that these letters are not genuine and truthful—or that either of these women were paid in any way for their testimonials, or that the letters are published without their permission, or that the original letter from each did not come to us entirely unsolicited.

What more proof can any one ask?

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No sick woman does justice to herself who will not try this famous medicine. Made exclusively from roots and herbs, and has thousands of cures to its credit.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health free of charge. Address Mrs. Pinkham, Lynn, Mass.

Will Anyone Believe This? The wife of a literary man who had taken up chicken raising as a side issue, was telling of the poor success that she had with a brood of 11 chickens. They seemed to be doing all right for a few days she said, and then, one after another, they all died in the pen.

"You feel bad?" asked a farmer neighbor. "Bad?" exclaimed the unfortunate. "I didn't feed them anything but corn and clover. I thought a healthy young hen should be able to raise a brood of 11." Every day's magazine.

Mrs. Clara Shortridge Foltz, of Los Angeles, has been appointed a member of the state board of charities and correction of California. She is the only woman on the commission, and was the first woman admitted to practice law in her state.

Buy "BATTLE AXE" SHOES. The benefit reported to be derived by farmers from their co-operative societies in continental countries, especially Denmark, has stimulated the formation of like societies in the United Kingdom.

Contrasts of color are again the thing. For HEADACHE—HICK'S CAPSINE. Whether from Colds, Heat, Stomach or Nervous Troubles, Capsine will relieve you. It's liquid—pleasant to take—acts immediately. Try it, 10c, 25c and 50c. at drug stores.

Raffia is used for many smart shipping bags. Success For 75 Years—The record of J. H. Pierce's Pleasant Pellets. The remedy for cholera, dysentery and all bowel complaints.

High efficiency is much in demand these days. Careful studies among various diseases. It is thoroughly tested by Dr. Pierce's Pleasant Pellets. One a laxative, three for cathartic.

Tussore and satin tailored costumes replace velvet. Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Liberia's area is only 35,000 square miles. Buy "BATTLE AXE" SHOES. The population of Japan is increasing at the rate of 500,000 a year. B. N. U. 21.

Silence!

The instinct of modesty natural to every woman is often a great hindrance to the cure of womanly diseases. Women shrink from the personal questions of the local physician which seem indelicate. The thought of examination is abhorrent to them, and so they endure in silence a condition of disease which surely progresses from bad to worse.

It has been Dr. Pierce's privilege to cure a great many women who have found a refuge for modesty in his offer of FREE consultation by letter. All correspondence is held as sacredly confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Favorite Prescription restores and regulates the womanly functions, abolishes pain and builds up and puts the finishing touch of health on every weak woman who gives it a fair trial.

It Makes Weak Women Strong, Sick Women Well. You can't afford to accept a secret nostrum as a substitute for this non-alcoholic medicine of known composition.

The difference remember this—

It may save your life. Cathartics, bird shot and cannon ball pills—these spoon doses of cathartic medicines all depend on irritation of the bowels until they sweat enough to move. Cascarels strengthen the bowel muscles so they creep and crawl naturally. This means a cure and only through Cascarels can you get it quickly and naturally.

Cascarels—10c box—week's treatment. All druggists. Biggest seller in the world—million boxes a month.

Buy "BATTLE AXE" SHOES

WE BUY WOOL HIDES AND FURS. Being Dealers, we can do better for you than agents or commission merchants. Reference: any bank in Louisville. We furnish Wool Bags Free to our shippers. Write for price list. N. SABEL & SONS, 115-1255, Louisville, Ky.

Waterbury E. Coleman, Waterbury, Conn. Sole Agent for the State of New York. Write for price list.

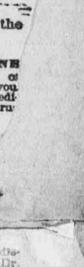
PATENTS

BUY "BATTLE AXE" SHOES

W. L. DOUGLAS SHOES

\$5, \$4, \$3.50, \$3, \$2.50 & \$2

THE STANDARD FOR 30 YEARS. Millions of men wear W. L. Douglas shoes because they are the lowest priced, quality considered in the world. Made upon honor, of the best leathers, by the most skilled workmen, in all the latest fashions.



W. L. Douglas \$5.00 and \$4.00 shoes equal Custom Bench Work costing \$6.00 to \$8.00. Boys' Shoes, \$3.50 & \$2.00. W. L. Douglas guarantees their value by stamping his name and view on the bottom. Look for it. Take No Substitutes. Ask your dealer for W. L. Douglas shoes. If not for sale in your town write for Mail Order Catalog, showing how to order direct from factory delivered free. W. L. Douglas, Brockton, Mass.

BLAIR'S PILLS

CELEBRATED ENGLISH REMEDY OF GOUT AND RHEUMATISM. SAFE AND RELIABLE